



# YRBSS

## National Youth Risk Behavior Survey

### *Trends in the Prevalence of Dietary Behaviors*

#### What Is the National Youth Risk Behavior Survey (YRBS)?

The national YRBS monitors priority health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the United States. The national YRBS is conducted every two years during the spring semester and provides data representative of 9th through 12th grade students in public and private schools throughout the United States.

1991	1993	1995	1997	1999	2001	Changes from 1991 – 2001 <sup>1</sup>	Change from 1999 – 2001 <sup>2</sup>
<b>Thought they were overweight</b>							
31.8 (±2.0) <sup>3</sup>	34.3 (±1.4)	27.6 (±1.3)	27.3 (±1.5)	30.0 (±1.0)	29.2 (±1.2)	Decreased, 1991 – 1995 Increased, 1995 – 2001	No change
<b>Were trying to lose weight</b>							
41.8 (±2.1)	40.3 (±1.6)	41.4 (±1.5)	39.7 (±1.7)	42.7 (±1.5)	46.0 (±1.6)	Decreased, 1991 – 1997 Increased, 1997 – 2001	Increased
<b>Exercised to lose weight or to avoid gaining weight</b> (During the 30 days preceding the survey.)							
NA <sup>4</sup>	NA	51.0 (±1.3)	51.5 (±1.7)	58.4 (±1.8)	59.9 (±1.5)	Increased, 1995 – 2001	No change
<b>Vomited or took laxatives to lose weight or to avoid gaining weight</b> (During the 30 days preceding the survey.)							
NA	NA	4.8 (±0.7)	4.5 (±0.6)	4.8 (±0.7)	5.4 (±0.6)	No change, 1995 – 2001	No change

<sup>1</sup> Based on linear and quadratic trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade.

<sup>2</sup> Based on T-test analyses.

<sup>3</sup> 95% confidence interval.

<sup>4</sup> Not available.

#### Where can I find more information?

More information about the YRBSS is available at [www.cdc.gov/yrbss](http://www.cdc.gov/yrbss) or call (888)231-6405.



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